

## IN-PERSON EDUCATION PROGRAMS

*The following classes are hosted throughout San Luis Obispo, Santa Barbara and Ventura counties.  
Pre-registration is encouraged.*

### The Basics: Understanding Alzheimer's and Dementia

- **Monday, May 12th | 10a-12:00pm**  
Chumash Tribal Hall  
100 Via Juana Rd.  
Santa Ynez, CA 93460
- **Wed., May 14th | 10a-12:00pm**  
Oakmont of Simi Valley  
3110 Royal Ave  
Simi Valley, CA
- **Sat., May 17 | 9-11:30am**  
Bethel African Methodist Episcopal Church  
855 South F Street  
Oxnard, CA
- **Thur., May 22nd | 1:00-2:30pm**  
Chumash Village SLO  
Community Center  
3057 S. Higuera St.  
San Luis Obispo, CA

### Caregiver Retreat

- **Sat., May 17th | 10a-2:00pm**  
St. James Episcopal Church &  
CAPSLO Adult Day Center  
1345 Oak Ave.  
Paso Robles, CA  
**MUST RSVP: [bit.ly/slo\\_retreat](https://bit.ly/slo_retreat)**  
Dr. Trish McKeon, Neuropsychologist  
and April Huckabey, Neurofighters

### Understanding Advance Directives:

- **Monday, May 19 | 11am-12:00pm**  
Harry's House  
890 N. Refugio Rd.  
Santa Ynez, CA  
(In collaboration: CCRC & Superior Home Health, Home Care & Hospice)
- **Friday, May 30 | 1-2:30pm**  
Heritage Ranch  
Community Center  
4882 Heritage Rd.  
Paso Robles, CA  
(In collaboration: CCRC & SLO Hospice)

### Understanding Dementia-Related Behaviors

- **Wed., May 21st | 10-11:30am**  
St. Barnabas Episcopal Church  
301 Trinity Ave.  
Arroyo Grande, CA

### Community Events: May 2025:

#### Lompoc Valley Senior Health Expo

**Friday, May 16th | 9:00am-12:00pm**  
Dick DeWees Community & Senior Center  
1120 W. Ocean Ave.  
Lompoc, CA

#### SLO Expo@The Expo

Wed., May 21st | 4-7:00pm  
Alex Madonna Expo Center  
120 Madonna Rd.  
San Luis Obispo, CA



**Call our 24/7 Helpline:  
800.272.3900**

### **Seeking Volunteers!**

Interested in becoming a Community Educator, Support Group Facilitator or Community Rep?  
Go to: <https://volunteer.alz.org/>

# PROGRAM DESCRIPTIONS

## **The Basics: Understanding Alzheimer's & Dementia**

Alzheimer's is not normal aging. It's a disease of the brain causing problems with memory, thinking and behavior.

Learn the difference between Alzheimer's & dementia, disease stages, risk factors, current research & treatments available.

## **Caregiver Retreat:**

Caring for a love one at home can be tiring. Join us for this FREE dementia caregiver retreat. Neuropsychologist, Dr. Trish McKeon, will speak about: The daughter and the doctor: Caregiving from both a personal and professional perspective: insights to improve management of the dementia journey. April Huckabey of Neurofighters will share how she works to support individuals living with neurological conditions. We'll have lunch, chair massages and tours of the CAPSL Adult Day Center.

**MUST RSVP: [bit.ly/slo\\_retreat](https://bit.ly/slo_retreat) or call: 805-239-5679**

## **Understanding Advance Directives:**

If you were to become critically ill or hospitalized today, do you have what's needed to guide the care you want? Join us for this workshop to: Learn about important info for planning ahead, prepare in advance for unanticipated medical events or serious illness or end-of-life situations and learn what's needed to prepare for such situations based on your personal values (In collaboration with Hospice SLO County, Coast Caregiver Resource Center & Superior Home Health, Home Care & Hospice)

## **Understanding Dementia Related Behaviors:**

Explore common behavior changes and how they are a form of communication. Learn non-medical approaches to behaviors and recognize when additional help is needed.



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